

## Small CSA Contents:

- ½ gallon concord grape juice
- 4 lb sweet potatoes
- 1 bunch carrots
- 1 lb "Maple Crunch"
- 2 Red Bell Peppers
- 2 Eggplant
- 2 lbs tomatoes
- Quarter peck Honeycrisp apples

### Vegan Substitutes: (for maple crunch)

- Green leaf lettuce
- Candy cane striped beets
- 1 stalk celery
- 

### Large Add-Ons

- Traditional Small Bag plus the contents below
- 1 loaf apple bread
- 3-4 zucchini
- 1 bunch green onions
- 1 lb fresh Ohio City Pasta
- 1 stalk celery\*

\*The Juliette tomatoes didn't survive the rains on Monday thru Wednesday and fell to the ground. I could not find any more cherry tomatoes but was able to find celery which we haven't had this year.

## 2 Weeks Left...Get Ready for the Fresh Fork Winter CSA

The summer season began way back on May 28<sup>th</sup>. Now nearly 5 months later we are about to wrap it up. The last CSA delivery days for the summer program are October 22<sup>nd</sup> and 23<sup>rd</sup>.

Throughout the summer I've been working with producers on more value added products (like this week's maple crunch), storage crops, meats, and season extension (hoop houses and green houses). With this advance planning, I am prepared to offer you a Fresh Fork winter CSA.

Now, that being said, I want to make it quite clear that the winter program will be very different from the summer program. The biggest difference will be volume of foods. You have likely noticed that at the \$25 Small CSA share, the amount of meats are limited. This is because it is very difficult for me to put a substantial quantity of meat in the package for \$25. My costs on pasture raised, heritage breed, and organic meat products is often higher than the most expensive cuts at the grocery store due to the environmentally friendly and healthier production methods on small scale farms.

The winter CSA will be heavily based in meat products, particularly beef, pork, and chicken.

As for produce, there are many variables that make my predictions unreliable. However, the crops that my farmers have started in greenhouses include beets, turnips, bok choy, msutard greens, green beans, lettuce,

green onions, carrots, herbs, cucumbers, and more. However, greenhouse production is quite tricky. It relies a lot on the amount of sunshine to help increase the temperature inside the greenhouse. It also relies on the crops staying healthy in such a confined environment. Greenhouses are much more vulnerable to foliage and root diseases due to the plants close proximity inside.

So I've rambled enough...here's what you can expect:

**Price:** \$45 per package, \$675 for the season

**Frequency:** Bi-Weekly (deliveries every other week)

**Duration:** 15 deliveries (schedule below)

**Pickup Locations:** Same areas, but they will be moved indoors as the weather gets worse. I'm working on exact locations. Westlake and Middleburg Heights will be Thursday, Beachwood and Hudson on Friday, and Tremont on Saturday. Mentor is undecided. The time of the day will not change for pickups.

**What to expect:** More meats, cheeses, grains, and shelf stable products. Prodcue will include some storage crops like potatoes and onions. Fresh produce will come in cycles as the greenhouses permit.

**Logistics:** The delivery schedule will be bi-weekly. This is important for two reasons. 1) There isn't enough selection to warrant weekly deliveries. 2) If the weather is exceptionally bad, pickup can be delayed a week.

**Start Date:** Thursday, Oct 28<sup>th</sup> – Saturday, Nov 1

**Expected Dates:** These dates generally reflect Thursday thru Saturday with the exception of Thanksgiving week and Christmas week.

Dates: 10.28-10.30, 11.11 – 11.13, 11.22 - 11.24, 12.9 – 12.11, 12.21 – 12.23, 1.6 – 1.8, 1.20 – 1.22, 2.3 – 2.5, 2.17 – 2.19, 3.3 – 3.5, 3.17 – 3.19, 3.31 – 4.2, 4.14 – 4.16, 4.28 – 4.30, 5.12 – 5.14

**Signing Up:** check [www.myfreshfork.com](http://www.myfreshfork.com) today. Also, I'll be emailing out a registration form that you may complete and bring back to you CSA pickup location.

## Apple Sauce and Apple Butter



Don't ever throw out any apples that are getting old in your refrigerator, may be bruised, or you just don't have the appetite to eat. Preserve them by turning them into apple sauce or apple butter.

Apple sauce is very simple. Simply peel and core your apples. Add them to a heavy bottomed stock pot with about a cup of water, depending on how many apples you do. You want just enough water to keep the apples from burning to the bottom before they start to breakdown and release their own water.

Stir the apples occasionally until they start to turn to sauce. Cook until desired consistency and/or most of the water has evaporated. If your sauce is too thin, pass it through a fine sieve to remove the excess water.

Also, if you have a pressure cooker, this can reduce your cooking time and work significantly. Fill the pressure cooker with apples, add a half cup of water, and wait until the weight on top starts to whistle. Let the apples cook another five minutes and turn off the heat. If you have an electric stove, carefully move the pot to a cool burner. Wait for the pressure to release (don't release it manually) and you'll have apple sauce.

To make apple butter, simply take the apple sauce and add spices and sugar. The sauce will then be slow cooked to remove the water content and caramelize the apples and sugar. I recommend a half cup of sugar to each quart of apple sauce. You may also substitute honey. As for spices, think of it like a pie. Try Allspice, Nutmeg, and Cinnamon. It is your apple butter, so be creative.

Cook the apple sauce, sugar, and spices on very low heat (stove top) or at about 200 degrees in the oven. Continue to stir frequently.

The easiest way (and least attention) is to use a crock pot. Mix your apple sauce, sugar, and spices in the crock pot. Turn it on low and loosely cover with the lid. You want the lid to be offset so that moisture may escape. This will take 8 to 16 hours, depending on the water content of your apple sauce. Try starting your apple butter around dinner time and checking it the next morning.

When you are finished, the apple butter should be darker than it started, thicker, and of the consistency that a dollop on a plate will hold its shape without running over the plate.

To can the apple butter, get glass mason jars. Sterilize them in the dishwasher or boiling water. Add the hot apple butter to the hot jars, place clean lid on top and seal with the jar ring. Process the apple butter (still hot) in a boiling water bath. The jars should be completely covered with one inch of water above. Boil for 15 minutes. If you have never canned before, you need to make sure your jars don't touch the bottom of your pot. This will cause them to shatter. Find a wire rack or improvise by using extra jar rings to elevate them from the bottom of the pot.

